



COMMONWEALTH of VIRGINIA

Department for the Aging

Jay W. DeBoer, J.D., Commissioner

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Note: The web addresses (links) in this document may change over time. The Department for the Aging does not attempt to refresh the links once the week has passed. However, this document is maintained on the web for a period of time as a reference. Some links may require registration.

COMMONWEALTH of VIRGINIA
Department for the Aging
Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Tim M. Catherman

DATE: February 28, 2006

SUBJECT: Alzheimer's Foundation Seeks Grant Opportunity for Innovative Care Programs

Deadline: May 15, 2006

In its ongoing mission to foster optimal care, the Alzheimer's Foundation of America (AFA), <http://alzfdn.org/> is accepting applications for the Brodsky Grant, an annual grant recognizing an innovative program or service that improves the lives of individuals with Alzheimer's disease and related illnesses, and their families.

For 2006, the second year that the grant will be awarded, AFA has increased the amount of the grant to \$25,000.

The Brodsky Grant will again be presented to a new or existing program that betters the lives of those affected by dementia, and exemplifies innovativeness, greatest need, and replication potential. Programs could involve, but are not limited to, hands-on care, delivery of social services, cognitive stimulation, the arts, safety, and training.

Only nonprofit organizations that are members of AFA may apply. Organizations that join AFA prior to the grant deadline are also eligible.

For more information about the Brodsky Grant and/or AFA membership, see the AFA Web site.

COMMONWEALTH of VIRGINIA
Department for the Aging
Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors Area Agencies on Aging
AAA Transportation Managers and Coordinators

FROM: Faye D. Cates, MSSW, Human Services Program Coordinator

DATE: February 28, 2006

SUBJECT: VOLUNTEER DRIVERS – A GUIDE TO BEST PRACTICES

There is a guide on the Internet that will assist organizations that provide passenger transportation services to persons with special transportation needs. The resource will help in developing and maintaining volunteer driver programs and is a tool kit that provides the framework for implementing volunteer driver programs. The guide is produced by Washington State Department of Transportation. The web site is as follows:

<http://www.wsdot.wa.gov/transit/vdg>

COMMONWEALTH of VIRGINIA
Department for the Aging
Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors

FROM: Elaine S. Smith, MS, RD
Program Coordinator

DATE: February 28, 2006

SUBJECT: Grant Opportunity—Robert Wood Johnson Foundation

Following is a grant opportunity for your consideration.

Robert Wood Johnson Foundation: Vulnerable Populations Portfolio Community-Based Approaches to Improve Care for Vulnerable Populations

Application Deadline: None.

Purpose: The Vulnerable Populations Portfolio is seeking new community-based approaches to health and health care problems that intersect with social factors -- such as inadequate housing, poor education and poverty. Projects that serve hard-to-reach individuals and families, especially new immigrants and refugees, frail older adults and at-risk adolescents, are of particular interest.

Eligible Applicants: Either public entities or nonprofit organizations that are tax-exempt under Section 501(c)3 of the Internal Revenue Code.

RWJF is especially interested in providing support to organizations that are outside the formal network of health care providers, such as grassroots organizations, faith-based organizations and advocacy organizations (rather than traditional providers such as hospitals and medical clinics).

1610 Forest Avenue, Suite 100, Richmond, Virginia 23229
Toll-Free: 1-800-552-3402 (Voice/TTY) • Phone: 804-662-9333 • Fax: 804-662-9354
E-mail: aging@vda.virginia.gov • Web Site: www.vda.virginia.gov

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There are two stages in the application process: 1) the submission of a brief proposal which will describe the project and include a one-page preliminary budget and, if invited; 2) the submission of a full proposal and line-item budget for a grant.

Estimated Available Funds: Not stated.
Maximum Size of Award: \$300,000.
Estimated Number of Awards: Not stated.
Project Period: Up to three years.

For more information, contact:
Wendy Yallowitz, Program Officer
Robert Wood Johnson Foundation
Route 1 and College Road East
P.O. Box 2316
Princeton, NJ 08543-2316
Phone: 609-627-7553
E-mail: wyellow@rwjf.org

Or go to: <http://www.rwjf.org/files/applications/cfp/cfp-FreshIdeas2005.pdf>

COMMONWEALTH of VIRGINIA
Department for the Aging
Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Ellen M. Nau, Human Services Program Coordinator

DATE: February 28, 2006

SUBJECT: National Family Caregiver Support Program and Outreach

2006 Metlife Foundation Family Caregiver Awards Program

Sponsored by the National Alliance for Caregiving and MetLife Foundation, this program recognizes the work of not-for-profit organizations that support family caregivers. The sponsors anticipate awarding six awards – two in each of the three award categories:

1. Caregiver Education Awards – given to groups who have developed training programs to educate caregivers.
2. Technology Awards – given to organizations that have developed innovative technology to support family caregivers.
3. Caregiver Support Awards – given to groups that provide innovative programs to supply caregivers with programs such as respite, counseling or corporate eldercare.

The cash award will total \$25,000 to be used in the organization's caregiver support program. Eligibility, criteria and submission requirements as well as additional information pertaining to the award can be obtained at: the American Society on Aging website: <http://www.asaging.org>, or from Mary Brugger Murphy at the National Alliance for Caregiving, mary@caregiving.org, (301) 718-8444.

Self-Assessment Tool for the Family Caregiver Support Program

VDA National Family Caregiver Program Coordinator, Ellen Nau, and new VDA intern, Julia Ochieng, will be contacting each Area Agency on Aging concerning a self-

assessment of the agency's National Family Caregiver Support Program (Title III E). Ms. Ochieng is pursuing both her MSW degree at Virginia Commonwealth University and another degree from Union Theological Seminary and is from Nairobi, Kenya. She will analyze and present the data from the surveys. VDA will be performing the self-assessment on its Title III E program also.

Virginia Caregiver Coalition

The Virginia Caregiver Coalition will be collecting information on the abuse of caregivers by their loved ones. Many caregivers are unjustly accused of financial wrongdoing, neglect or physical abuse by their loved ones. In some instances, caregivers have been physically attacked or victimized by manipulation of the family by the loved one. The coalition will be assessing all factors leading to the above- mentioned activities. Any information on this topic would be greatly appreciated! Please forward to Ellen Nau at Ellen.Nau@vda.virginia.gov or 1610 Forest Ave. Ste. 100 Richmond, VA 23229. Information may also be faxed to 804-662-9354.

Senior Connections – The Capital Area Agency on Aging

Gail Davis of PSA 15 is scheduled to present the agency's Workplace Partners for Eldercare Initiative at a session of The Southern Gerontology Society Conference that will be held in April 2006 in Lexington, Kentucky. For more information on Senior Connection's exciting program that is involving corporations in working with their caregiver employees, contact Ms. Davis at 804-343-3000 or gdavis@youraaa.com.

Outreach

The **Office of Newcomer Services, Department of Social Services Partners Meeting** is scheduled for March 23 in Charlottesville. Do you have an issue of concern regarding elderly refugees in your service area? Please contact Ellen Nau at Ellen.Nau@vda.virginia.gov if you have an item to be brought up at the meeting or, if a person from your agency would like to attend the meeting. The meeting will convey information about refugee funding, arrivals, discretionary grant projects, and new aspects of the refugee resettlement. **Deadline for positive responses to attend the meeting is Friday, March 3, 2006.**

COMMONWEALTH of VIRGINIA
Department for the Aging
Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors

FROM: Elaine S. Smith, MS, RD
Program Coordinator

DATE: February 28, 2006

SUBJECT: National Poison Prevention Week: March 19-25, 2006

I hope you find the following resources useful for your health promotion and disease prevention efforts.

The Virginia Poison Control Center Network (VPCCN) offers free materials to promote National Poison Prevention Week in the Commonwealth. Each of the three poison centers serving Virginia offers brochures in English and Spanish; phone stickers and magnets with the Poison Help logo and 24-hour phone number, 1-800-222-1222; posters; and other materials.

Poisoning is a major cause of injury-related hospitalizations and fatalities in Virginia. The poison centers answer tens of thousands of emergency calls and additional poison-related information calls every year. National Poison Prevention Week is especially focused on young children; however poison prevention is appropriate for all ages, seniors included.

AAA staff working with seniors can help in several ways:

- Post and distribute materials with the 24-hour Poison Help phone number: 1-800-222-1222.
- Encourage people to call the poison center immediately if they suspect there has been a poisoning.

1610 Forest Avenue, Suite 100, Richmond, Virginia 23229
Toll-Free: 1-800-552-3402 (Voice/TTY) • Phone: 804-662-9333 • Fax: 804-662-9354
E-mail: aging@vda.virginia.gov • Web Site: www.vda.virginia.gov

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- Spread the poison prevention message: when children are in the home, keep medicines and household items in child-resistant packaging, locked out of sight and reach of children.
- Contact the poison center educator if you know of media or other outreach activities that would benefit from poison center expertise.

To request materials and additional information, contact the poison center educator in your area:

- Northern Virginia: National Capital Poison Center - Rose Ann Soloway, 202-362-3867, ras@poison.org
- Eastern and southeastern Virginia: Virginia Poison Center - Evelyn Waring, 804-628-3468, ewaring@hsc.vcu.edu
- Central and southwestern Virginia: Blue Ridge Poison Center - Sue Kell, 434-982-3158, SOK@hscmail.mcc.virginia.edu; Kristen Wenger, 434-982-4386, KLW2S@hscmail.mcc.virginia.edu

(And for those interested in poison prevention training save the following date! Watch for more information about the next poison prevention train-the-trainer session. VPCCN will present this four-hour program on May 3, 2006, in Fairfax City. Continuing education credit will be available for health care professionals and child care providers.)

More information is available from:

Rose Ann G. Soloway, RN, MSED, DABAT
Clinical Toxicologist
National Capital Poison Center
3201 New Mexico Avenue, NW, Suite 310
Washington, DC 20016
202-362-3867 (admin) 202-362-8377 (fax)

In a poison emergency, call 1-800-222-1222. Your call will be routed to the U.S. poison center that serves you, based on your area code and exchange.

Stay informed! **Sign up for The Poison Post**, the Center's free eNewsletter. Send your email address to PoisonPost@poison.org or log onto www.poison.org.

COMMONWEALTH of VIRGINIA
Department for the Aging
Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

FROM: Faye D. Cates, MSSW, Human Services Program Coordinator

DATE: February 28, 2006

SUBJECT: BAY AGING RECEIVES HUD HOUSING GRANT

Bay Aging in Urbanna, Virginia, continues to expand its role as a “mover and shaker” in the senior housing industry in the Northern Neck-Middle Peninsula region. It recently announced receiving a \$1,515,900 grant from the U. S. Department of Housing and Urban Development (HUD) to construct Tartan Village Phase Two in the Town of Kilmarnock in Lancaster County. In addition, HUD will provide \$299,500 in rental subsidies.

Bay Aging is managing and has developed or is currently developing several senior apartment complexes in the region - The Meadows in the Town of Colonial Beach; Winters Point in the Town of West Point; Daffodil Gardens in Gloucester County; Mill Pond Village in the Town of Montross; Tartan Village Phase One and Two in the Town of Kilmarnock; Port Town Village near the Town of Urbanna; Parker Run near the Town of Montross and Parker View in James City County.

See the attached press release about the grant award and more details about the project. Bay Aging is a great resource to consult within Virginia’s Aging Network for those of you who are interested in partnering with local interests in providing safe and affordable senior housing in your community.



5306 Old Virginia Street
P.O. Box 610
Urbanna, Virginia 23175
804.758.2386
www.bayaging.org

Thursday, February 02, 2006

FOR IMMEDIATE RELEASE:

Joshua Gemerek, Senior Vice-President
Senior Apartments Division

Bay Aging Receives Grant Funding For
More Supportive Housing for the Elderly

Bay Aging is very pleased to announce that it has received a \$1,515,900 capital advance grant from the Department of Housing and Urban Development to construct another apartment complex, called Tartan Village Phase Two, for the elderly in the Town of Kilmarnock in Lancaster County. In addition to the grant, Bay Aging also received \$299,500 in rental subsidies to help keep these apartments affordable for local citizens who are 62 years of age or older.

Tartan Village Phase Two will consist of 19 one-bedroom apartments and one community building and exist adjacent to the present 22-unit Tartan Village Phase One. Bay Aging also developed and operates Phase One. The design for the expansion will match the current buildings, while preserving as much "green space" as possible. As with the present site, public water and sewer will be supplied by the Town public works system, Joshua Gemerek reported.

"We anticipate construction will begin in 2007," said Gemerek, Senior Vice President of Bay Aging's Senior Apartments Division. "There continues to be a

high demand for safe, affordable and attractive senior housing in the Northern Neck and Middle Peninsula region. We experienced a rapid rent-up and immediately established a long waiting of people interested in the existing apartments. It is anticipated that these additional homes will also fill up very quickly.”

We believe that folks will be very pleased with the quality of the apartments that we build and manage. In addition, we believe residents will appreciate the supportive services that are available to assist them in maintaining their independence. Some services provided by Bay Aging include – housekeeping, transportation through Bay Transit, Meals on Wheels, personal care, shopping assistance, financial management assistance, medication reminders, recreation and socialization. At move-in, applicants’ annual income cannot exceed \$18,050 for a single person household and \$20,650 for a couple. No household will be required to pay more than 30% of its monthly income as rent and all residents will receive a monthly utility allowance.

Bay Aging is managing and has developed or is currently developing several senior apartment complexes in the region - The Meadows in the Town of Colonial Beach; Winters Point in the Town of West Point; Daffodil Gardens in Gloucester County; Mill Pond Village in the Town of Montross; Tartan Village Phase One and Two in the Town of Kilmarnock; Port Town Village near the Town of Urbanna; Parker Run near the Town of Montross and Parker View in James City County.

For additional information about the senior apartments to be built in Kilmarnock or to have your name added to an interest list with no obligation, please contact Bay Aging at 804.758.2386.

Bay Aging is a private, nonprofit, 501(C)3 charitable organization that serves the counties of Essex, Gloucester, King & Queen, King William, Lancaster, Mathews, Middlesex, Northumberland, Richmond and Westmoreland.

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COMMONWEALTH of VIRGINIA
Department for the Aging
Jay W. DeBoer, J.D., Commissioner

MEMORANDUM

TO: Executive Directors
Area Agencies on Aging

AND: Nutrition Directors

FROM: Elaine S. Smith, MS, RD
Program Coordinator

DATE: February 28, 2006

SUBJECT: Resources for National Nutrition Month®—March 2006

National Nutrition Month® is a nutrition education and information campaign sponsored annually by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

The theme this year is Step Up to Nutrition and Health. Key nutrition messages are found in the following guide, which also contains several food and nutrition related activities for seniors. These activities could be conducted at any time but no more appropriate time than in March for National Nutrition Month®.

For Activity 2 in the guide and other nutrition education efforts, you may want to use MyPyramid handouts. MyPyramid handout tear pads may be requested at publication@cnpp.usda.gov. Mention in your request that you are responsible for nutrition education for seniors and you should be able to receive a limited number of them free of charge. You may also order them at www.beefnutrition.org; they are found under the heading Education Materials for Patients and Clients. Again, mention that you are a nutrition educator and they will be provided at no cost.

I hope these materials will be useful to you in your efforts to promote healthy eating and physical activity. Please contact me at 804-662-9319 or Elaine.Smith@vda.virginia.gov if you have questions or comments.

1610 Forest Avenue, Suite 100, Richmond, Virginia 23229
Toll-Free: 1-800-552-3402 (Voice/TTY) • Phone: 804-662-9333 • Fax: 804-662-9354
E-mail: aging@vda.virginia.gov • Web Site: www.vda.virginia.gov

Step Up to Nutrition & Health

NATIONAL NUTRITION MONTH® 2006

Presenter's Guide

Learning Objectives

Seniors will be able to:

- Understand that healthful eating includes tasty and delicious foods.
- Name the food groups of the new MyPyramid guide.
- Give an example of a menu that includes foods from all of the food groups.
- Share information about unusual or favorite foods with other seniors.
- Understand the importance of eating breakfast every day that includes healthy food choices.

National Nutrition Month® 2006

Key Messages

- The food and physical activity choices made today – and everyday – affect your health and how you feel today and in the future. Eating right and being physically active are keys to a healthy lifestyle.
- Make smart choices from every food group. Give your body the balanced nutrition it needs by eating a variety of nutrient-packed foods every day. Just be sure to stay within your daily calorie needs.
- Get the most nutrition out of your calories. Choose the most nutritionally rich foods you can from each food group each day – those packed with vitamins, minerals, fiber and other nutrients but lower in calories.
- Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness, plus it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.
- Play it safe with foods. Prepare, handle and store food properly to keep you and your family safe.

Suggested Activities – Traditional and New

Activity 1

1. Ask the seniors to tell the group what their favorite foods are and why.
2. Ask them to share a story about eating their favorite food with their family or friends.
3. Have the group share a story about a food or special recipe that is unique to their family's special celebrations.

Activity 2

- Plan a menu for a day! Split the group into 5 teams. Each team is responsible for planning breakfast, lunch, afternoon snack, dinner, or bedtime snack. They plan a meal or snack using the new MyPyramid guide as a resource. Then, each team tells the leader their meal or snack, and she writes it on the board.
- Together the group decides if they are getting enough servings from each group in the Food Guide Pyramid. If not, the seniors can think of ways to get what they need. See the chart below, but also go online to www.MyPyramid.gov to determine serving amounts for age and gender. Seniors should be encouraged to be physically active as well.

Grains	Vegetables	Fruits	Milk	Meat & Beans
Start smart with breakfast. Look for whole grain cereals. Make sure the first word is “whole” (like “whole wheat”).	Color your plate with all kinds of great-tasting veggies: try broccoli, spinach, carrots and sweet potatoes.	Fruits are nature’s treats – sweet and delicious. Go easy on juice and make sure it’s 100%.	Move to the milk group to get your calcium. Calcium builds strong bones.	Eat lean or lowfat meat, chicken, turkey, and fish. Remember nuts, seeds, peas and beans, too.
For an 1,800 calorie diet, you need the amount below.	For an 1,800 calorie diet, you need the amount below.	For an 1,800 calorie diet, you need the amount below.	For an 1,800 calorie diet, you need the amount below.	For an 1,800 calorie diet, you need the amount below.
Eat 6 oz. every day; at least half should be whole.	Eat 2 ½ cups every day.	Eat 1 ½ cups every day.	Get 3 cups every day.	Eat 5 oz. every day.

Activity 3

“Vote for Your Favorite Food” Campaign

- With seniors working in small groups or individually, ask them to nominate a food and then collect information about the food.
- Each group or participant gives a presentation, followed by an election with a voting ballot. Have seniors tally the votes and announce the results.

Activity 4

Investigating and Researching New and Exotic Foods

- Ask seniors to work in groups or individually to select one or more of the following foods (or others you may have in mind).
- Ask seniors to find as much information as they can about the food or do an Internet search. For example, find out the origin or history of the food, where and how it grows, where it fits into the Food Pyramid, and how it is prepared. If possible and available, bring the foods to the meal site for seniors to see, feel and taste.

Pomelo	Lychee
Kohlrabi	Plantain
Bulgar	Jicama
Kumquat	Bok choy
Pomegranate	Ugli fruit
Couscous	Kiwi
Star fruit	Basmati rice
Tamarind	Cherimoya
Broccoli raab	Loquat
Malanga	Feijoa

Activity 5

“Fearless About Food”

- Assemble a variety of unusual fruits and vegetables or whole grains that are available in your locale. Suggestions: star fruit, plantains, kiwi, bok choy, bulgur wheat, etc.
- Using the research gathered in Activity 4, formulate questions about these foods, such as “Where are plantains grown?” “What are some good ways to use bok choy?”
- Choose teams. Moderator asks a question, and whoever calls out the answer first gets a point for their team.
- When all questions have been asked, distribute to the participants samples of the foods on small plates. On a given signal, they begin eating. Prizes can be given to everyone who tastes all the foods. (Go to www.eatright.org/nnm and see the catalog for NNM stickers, pencils, etc. which may be used as prizes.)

OTHER GAMES

Additional materials for the following games are available free upon e-mail request to muhrick@eatright.org

“Jeopardy” Game

This game consists of a layout with food group questions and answers, as well as instructions for play.

“Fill in the Blanks” Game

A take-off on the old “Hangman,” the game includes suggested food-related titles as well as instructions for play.

“Test Your Memory” Game

Remember the television show “Concentration”? This game offers participants an opportunity to recognize different foods and see if they remember where the matching picture is placed. The game may be adapted for use by participants of different ages, depending on the food pictures you provide.